Kentuck onnection

The Communication Tool for Kentucky Diabetes News

AACE

American Association of **Clinical Endocrinologists Ohio Valley Chapter**

ADA

American Diabetes Association

DECA

Diabetes Educators Cincinnati Area

GLADE

Greater Louisville Association of Diabetes Educators

JDRF

Juvenile Diabetes Research Foundation International

KADE

Kentucky Association of Diabetes Educators

Kentuckiana Endocrine Club

KDN

Kentucky Diabetes Network, Inc.

KDPCP

Kentucky Diabetes Prevention and Control Program

TRADE

Tri-State Association of **Diabetes Educators**

A Message from Kentucky Diabetes Partners

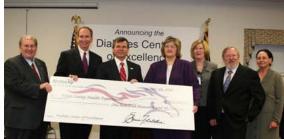
GOVERNOR ANNOUNCES DIABETES CENTERS OF EXCELLENCE SITES



GOVERNOR ERNIE FLETCHER. MARK BIRDWHISTELL, AND DR. STEVE DAVIS PRESENT CHECKS TO THE DIRECTORS OF SIX NEW DIABETES CENTERS OF EXCELLENCE (See article on page 2)



Barren River District Health Department



Floyd County Health Department



Lake Cumberland District Health Department



Lincoln Trail District Health Department



Madison County Health Department



Purchase District Health Department

NEW DIABETES CENTERS OF EXCELLENCE BEING ESTABLISHED: HEALTH DEPARTMENTS WILL TARGET THE MEDICAID POPULATION

From front cover

Submitted by: Gwenda Bond and Beth Crace, Office of Communications, Cabinet for Family Services, Frankfort, KY

Six Diabetes Centers of Excellence will be established in health departments around the state this year. The program is designed to help Medicaid members and others with diabetes to better manage the disease through a unique partnership involving the patient, the primary care physician, the local or district health department and community resources, such as hospitals. Ensuring physicians are aware and engaged in disease management efforts for their patients will be a cornerstone of the program.

More than 15,000 Medicaid members have been diagnosed with diabetes in the 33 counties served by the district and county health departments selected to establish centers. The six health departments which received \$100,000 each include: Barren River District, Floyd County, Lake Cumberland District, Lincoln Trail District, Madison County, and Purchase District.

"The Diabetes Centers of Excellence would not have been possible without Representative Jimmie Lee's work to secure funding for the centers during the 2006 General Assembly," said Cabinet for Health and Family Services Secretary Mark D. Birdwhistell. "We will now be able to better coordinate resources and provide more thorough care for people suffering from diabetes. Ultimately, this will lead to healthier people and reduced health care costs."

The Department for Public Health and the Department of Medicaid Services within the Cabinet for Health & Family Services, will measure outcomes by tracking patient progress, including the number of doctor visits and medical costs to Medicaid.

BILL REQUIRING DAILY PHYSICAL EDUCATION IN PUBLIC SCHOOLS PROPOSED IN KENTUCKY LEGISLATURE



KENTUCKY LEGISLATURE

Kentucky Representative Jon Draud (R) recently proposed legislation (House Bill 97) that would require public school students in Kentucky to engage in 30 minutes of exercise daily. The following is a copy of the bill which would amend state law KRS 156.160.

For more information or to follow the action on this bill go to: www.lrc.ky.gov/record/07RS/HB97/bill.doc or www.lrc.ky.gov/record/07RS/HB97.htm.

Section 1. KRS 156.160 would be amended to read as follows:

Thirty (30) minutes of structured moderate to vigorous physical activity each day, or one hundred fifty (150) minutes per week with the following implementation schedule: beginning in the 2007-2008 school year, preschool through the intermediate program; beginning in the 2008-2009 school year, the middle school program; and beginning in the 2009-2010 school year, the high school program. Activities required under this paragraph shall be considered part of the instructional day under KRS 158.060 and 158.070. The administrative regulation shall assessment tools, model specify school programming, alternative plans, and optional activities to guide and assist a school-based decision making council in the development of the school plan for physical activity required under subsection (2)(h) of Section 2 of this Act. The required physical activity shall be:

- 1. Coordinated by a certified physical education specialist within a school or district, but may be supervised by another certified or classified school employee;
- 2. Completed in at least fifteen (15) minute segments using a combination of organized activity within a traditional classroom, structured recess, and physical education; and
- 3. Conducted in conformity with the school plan for physical activity required under subsection (2)(h) of Section 2 of this Act;

GOVERNOR'S GET HEALTHY KENTUCKY INITIATIVE KICKS OFF IN OWENSBORO, ASHLAND, AND PAINTSVILLE

Submitted by: Beth Crace, Public Information Officer, Health and Family Services Cabinet, Frankfort, KY

For Kentuckians who've made getting healthy their New Year's resolution, finding the tools to achieve their goal will be a whole lot easier in 2007 thanks to Governor Fletcher's new initiative, *Get Healthy Kentucky (GHK)*. On January 23rd and 24th, the Governor, the First Lady, and Mark Birdwhistell, Cabinet for Health and Family Services Secretary, visited Owensboro, Ashland, and Paintsville to provide an update on Kentucky's progress and continuing challenges to address obesity, diabetes, cardiovascular disease and sedentary lifestyles. Awards were presented in these three cities to groups who have shown innovation in improving the health of their community.

The new *Get Healthy Kentucky* program is charged with constructing a statewide wellness plan for all residents, including access to reliable, unbiased information on the GHK Web site, www.gethealthy.ky.gov. When the public logs on to the site, they will learn more about the Governor's Challenge program, an innovative fitness program designed to help participants meet physical activity, nutrition and smoking cessation challenges.

"When I first envisioned *Get Healthy Kentucky*, I wanted something that would directly involve the residents of the Commonwealth and make each of us feel that we are a part of improving the health status of our state," said Governor Ernie Fletcher. "With so much information out there, that can be a daunting challenge. Get Healthy Kentucky provides a single, accurate source of health information along with unique challenges and promotions to inspire Kentuckians to lead healthier and, ultimately, more fulfilling lives."

Through the Governor's Challenge, participants will be able to choose how to become and remain physically active. There are more than 100 activities from which to choose, allowing a fun and exciting bevy of *Get Healthy Kentucky* options.

The Governor's Challenges give participants the

capability to track progress on an activity log indicating how far they've come and how close they're getting to meeting individual goals. Once the goal is set, there are three levels of achievement: bronze, silver and gold.

"One of the most exciting components of *Get Healthy Kentucky* will be creating or supporting community and state events," said GHK Executive Director Chris L. Corbin. "Look for us at various sporting events and physical activity initiatives that will help us spread our message about improving our lifestyles and creating environments more conducive to healthy living for schools and families."

The public can now log on to the *Get Healthy Kentucky* Web site to access extensive and reliable information about nutrition, physical activity and tobacco cessation-related tools and information. There is also a place to join "Team Get Healthy Kentucky" to receive a personalized membership card along with information about exciting events and activities related to the program as well as special benefits for team members in the near future. The first 1,000 citizens that become a member, will receive a free *Get Healthy Kentucky* pedometer to begin Get Healthy challenge.

In upcoming weeks, appointments to the Governor's Council on Wellness and Physical Activity, which will provide oversight of *Get Healthy Kentucky*, will be announced.

"The goal of *Get Healthy Kentucky* is to get the public more involved in their personal health. We want all Kentuckians – no matter what age or fitness level – to join us in our efforts to start changing our state's attitudes about wellness," said Corbin. "Getting involved is easy. All you need to do is log on and start learning more about the Get Healthy message."





Submitted by: Sherry Legrand, NCI/ Medical Management, Kentucky Department for Medicaid Services

For the first time, Kentucky Medicaid will offer nicotine replacement products for its members! Beginning February 1st members who want to stop smoking will have the opportunity to call and sign up with the Kentucky Tobacco Quit Line. The "Quit Line" counselor will work with the member to create a smoking cessation plan, provide nicotine replacement products, and offer education and counseling at least every 2 weeks.

Members with chronic diseases like diabetes, hypertension and heart disease will need to have a release signed from their physician before receiving the nicotine replacement products. Medicaid members under 18 years of age will need parental consent and a doctor's prescription to enroll.

This is great news, because Medicaid members have a greater smoking prevalence and are therefore affected by tobacco-related diseases and disabilities at a higher rate than the overall U.S. population. This new program is a partnership between Get Healthy Kentucky, The Department for Public Health and The Department for Medicaid.

We are all aware of the benefits a person receives when they become a non-smoker! So now is the time for diabetes educators and other health professionals to:

- → Ask about tobacco use at every visit
- → Advise tobacco users to call the quit line (and if they have Medicaid, inform them that their Nicotine Replacement Products can now be covered)
- → Assist tobacco users with their quit plan

- → Arrange follow up visits
- → And inform your patient that quitting smoking is the single most important thing they can do to protect their Health!

The Kentucky Tobacco Quit Line # is: 800-QUIT NOW (800-784-8669).

A1C TESTING AND REPORTING MAY CHANGE IN THE NEAR FUTURE

Information from: Clinical Endocrinology News, January, 2007 edition

Just when we thought there had been some success within the professional and lay communities in performing and understanding Hemoglobin A1C testing and results --- we read the test may no longer be available in the near future!

According to an article written by Miriam Tucker in Clinical Endocrinology News, January, 2007, laboratories may drop A1C reports in 2008 or 2009. According to the article, the decision will hinge on the final results of an 11-center International HbA1c/Mean Blood Glucose (MBG) Study that has demonstrated that hemoglobin A1C levels can be mathematically correlated with equivalent mean blood glucose levels in all diabetic populations. According to the article, a decision could be made as early as next year for laboratories to drop A1C testing entirely and simply report patients' mean blood glucose instead.

To review the entire article go to www.clinicalendocrinologynews.com, look under

top reports then click on "Laboratories May Drop A1C Reports in 2008 or 2009".



DUNGY AND SMITH BATTLE FOR SUPERBOWL XVI CHAMPIONSHIP... YET REMAIN UNIFIED IN FIGHT AGAINST DIABETES

Submitted by: Stewart Perry, Lexington, KY, National Vice Chair of the American Diabetes Association (ADA), KDN member

The American Diabetes Association (ADA) is proud to celebrate a very exciting moment in NFL history as well as within the volunteer family of diabetes.

Chicago Bears head coach Lovie Smith has strong ties to diabetes and an even



stronger passion for making a difference in the world of everyone affected by the disease. Smith's mother lost her eyesight in 1990 due to diabetes-related complications. His brother, grandmother and father-in-law also have diabetes.

Both he and his wife MaryAnne are enormously involved with the American Diabetes Association in and around the Chicago area. The Smiths have hosted "Care to Cure: A Sunday Brunch" to raise awareness of diabetes and raise funds for camp and other diabetes programs.

They also have formed an annual Tour de Cure Bears

Team with nearly 15 riders raising more than \$3000, have donated 10 front row Bears season tickets to ADA volunteers and people affected with diabetes, and have hosted some of



our camp kids for an educational clinic with the Chicago Bears and the team dietitian. In addition, the Bears Care Foundation donated \$35,000 in 2005 to ADA's local programs.

Coach Dungy, with his respected sports reputation, shares a very similar diabetes commitment in honor of a loved one. Coach Dungy's mother lived with diabetes for 12 years before she passed. In her honor, Dungy agreed to accept the role as national spokesperson for the African American Initiatives of the American Diabetes Association and the School Walk for Diabetes campaign for children. As spokesperson, his goal has been to empower the students and the community to be more active and eat healthier meals each day.

Dungy has participated in several School Walk for Diabetes events in Indianapolis, a national campaign where students learn the benefits of healthy living, community service and school spirit while raising money for the American Diabetes Association.

Coach Dungy believes recruitment and promoting

healthy living doesn't end when school is out and diabetes control is often a family affair. He continues to be an outstanding role model for his fans of all ages and a great



diabetes advocate for the American Diabetes Association.

"Working with high profile volunteers like Coach Dungy and Coach Smith has always been an honor for the American Diabetes Association," said Larry Deeb, MD, President, Medicine & Science, American Diabetes Association. "We are so proud for these great gentleman and their families and we wish both teams great success. Even for those who don't follow football, this may be one year a lot more staff and volunteers of the ADA will be tuning in to watch the SuperBowl, just to root for our diabetes advocates."

Diabetes is the fifth deadliest disease in the United States, 1.5 million people are diagnosed each year and, despite aggressive research efforts, there remains no cure in sight. Even with this high degree of visibility and vast scope, almost one-third of those affected by diabetes, or more than six million people, are not aware that they have the disease.

Diabetes now affects 20.8 million Americans, a 14 percent increase from the numbers reported in 2003. In addition, approximately 41 million Americans have



pre-diabetes, which means that their blood glucose (sugar) is higher than normal, but not high enough to be classified as diabetes. Without intervention.

individuals with pre-diabetes are at a much higher risk for developing diabetes.

NEARLY 1000 KENTUCKIANS SCREENED FOR KIDNEY DISEASE IN 2006

Submitted by: Laura Temple, National Kidney Foundation of Kentucky, Louisville, KY

In 2006, the National Kidney Foundation of Kentucky and its partners screened nearly 1000 Kentuckians (897 people) in 13 sites for kidney disease! These partners included diabetes coalitions, diabetes educators, and area health care centers and hospitals who worked collaboratively to provide these critical tests for Kentuckians with diabetes as well as individuals with other kidney disease risk factors.

In recent years, chronic kidney disease (CKD) has received increased attention as a public health issue in the United States. Nearly 20 million Americans suffer from CKD and another 20 million are at increased risk. It is projected that by 2010, the incidence of CKD will have doubled.

Diabetes and hypertension are the leading causes of CKD in the U.S. In the state of Kentucky, the rate of diabetes and hypertension exceeds the national average. An estimated 8.5% of adult Kentuckians have diagnosed diabetes, ranking Kentucky 7th in the nation for the highest number of people diagnosed with the disease (Kentucky Cabinet of Health and Human Services). Hypertension, the second leading cause of CKD, impacts 29.8% of adult Kentuckians compared to 25.5% of the U.S. adult population (Behavioral Risk Factor Surveillance System).

Due to the staggering impact of diabetes and hypertension on Kentuckians, it is vital to screen these high risk groups for kidney disease. The Kidney Early Evaluation Program (KEEP) of the National Kidney Foundation of Kentucky is a free health screening to identify individuals with CKD and encourage participants to delay or prevent the onset of kidney disease. KEEP screening tests include blood pressure, weight and height measurements, as well as blood and urine analysis. In addition, participants consult with an on-site health professional, are provided with physician referrals for follow-up care and a variety of educational materials.

As noted before, throughout 2006, the National Kidney Foundation of Kentucky and partners screened 897 Kentuckians in 13 different sites for kidney disease. The test results are staggering and point out the need for continued testing across the state. Of those 897 individuals tested, it is significant to note the following:

- 84% had at least one value outside the normal range (abnormal values are defined as: blood pressure ≥ 120/80, fasting blood glucose ≥ 126 or random blood glucose ≥ 140, microalbuminuria 30mg/L or greater, albumin to creatinine ratio 30mg/gm or greater, pyuria positive, hematuria positive, hemoglobin <12gm/dl female or <14 gm/dl male, estimated glomerular filtration rate ≤ 90ml/min/1.72m2)
- 62% learned they may have kidney disease
- 10% learned they may have hypertension (previously undiagnosed)
- 9% learned they may have diabetes (previously undiagnosed)

The Kentucky screening sites and number of attendees at each site were: Owensboro (49 participants), New Albany (32 participants), Paducah (81 participants), Louisville (104 participants), Bowling Green (92 participants), Madisonville (44 participants), Louisville (61 participants), Danville (51 participants), Louisville (34 participants), Henderson (82 participants); Maysville (66 participants); Richmond (61 participants), and Paris (140 participants).

The number of KEEP screenings have continued to increase and are made possible because of the support of community partners – especially those in the diabetes community. If you are interested in bringing a KEEP screening to your area, please contact Lisa Allgood, Executive Director for the National Kidney Foundation of Kentucky at 502-585-5433 or lallgood@nkfk.org.

REPORT COMPILED FROM NEARLY 7800 DIABETES PATIENTS AND SENT TO 404 PHYSICIANS IN THE LOUISVILLE AREA

Submitted by: Randa Deaton, Co-Director UAW-Ford Community Healthcare Initiative, Louisville, KY

The Kentuckiana Health Alliance Quality Improvement Consortium (KHAQI-C) is pleased to announce the release of the first Annual KHAQI-C Consolidated Measurement Report. This report was sent to physicians in the Louisville metropolitan area in late November, 2006, to provide feedback on the quality of care their patients received in diabetes screening and treatment.

Primaris completed the first annual *Consolidated Measurement Feedback Reports on Diabetes*. The reports were compiled from 7,795 patients with diabetes in the Louisville community and were mailed to 404 physicians in the Louisville area on Monday, November 27, 2006. The eligible population from which the data was gathered included members of Anthem, Humana, and Passport Health, 18-75 years of age with diabetes (type 1 and type 2) who had no more than one gap in enrollment of up to 45 days during the measurement year. All measures used criteria established by the Health Plan Employer Data and Information Set (HEDIS®)**. However, this report used administrative data only. **No chart review was conducted.** Individual physician data will NOT be publicly shared.

Below is the aggregate data report for Diabetes HEDIS measures in the Louisville community. For more information, visit www.kentuckianahealthalliance.org or contact Randa Deaton at <u>rdeaton@ford.com</u>.

Diabetes Measures	Louisville Region¹ Claims Data Only			Louisville Benchmark ² Claims Data Only			2005 HEDIS Trends ³ Claims Data Plus Chart Reviews		
	Den	Num	Rate	Den	Num	Rate	Commercial	Medicare	Medicaid
HbA1c Tested	7,795	6,280	81%	780	763	98%	88%	89%	76%
LDL-C Screening Performed	7,795	6,278	81%	897	874	97%	92%	93%	81%
Eye Exam (retinal) Performed	7,795	3,969	51%	898	701	78%	55%	67%	49%
Nephropathy Monitored	7,795	3,502	45%	786	725	92%	55%	60%	49%

Notes:

- 1. Louisville Area includes Jefferson, Oldham, and Bullitt counties in Kentucky and Floyd, Harrison, Scott, and Clark counties in Indiana. Measures reflect overall performance of all Louisville area physicians as available from the participating plans' administrative data.
- 2. Louisville Benchmark is an average rate for the top-ranked physicians or practices in the Louisville area whose patients together account for 10% of the total diabetes population included in this report.
- 3. "The State of Health Care Quality 2006: Industry Trends and Analysis, 2006," National Committee for Quality Assurance

^{**} HEDIS is a set of standardized performance measures designed to ensure that purchasers and consumers have the information they need to reliably compare the performance of managed health care plans.

Summary of Revisions

Summary of Revisions for the 2007 Clinical Practice Recommendations

eginning with the 2005 supplement, the American Diabetes Association's (ADA's) Clinical Practice Recommendations contain only the "Standards of Medical Care in Diabetes" and selected other position statements. This change was made to emphasize the importance of the "Standards" as the best source to determine ADA recommendations. The position statements in the supplement are updated yearly. Position statements not included in the supplement will be updated as necessary and republished when completed.

Additions to the Standards of Medical Care in Diabetes —2007

Revised Position Statements

Nutrition Recommendations and Interventions for Diabetes

Additions to the Standards of Medical Care in Diabetes

- Diabetes care
 - Algorithm for the initiation and adjustment of therapy for type 2 diabetes
- Emergency and disaster preparedness
- Table of agents to treat DPN pain
- Celiac disease
- Revised initial evaluation table (Table 5)

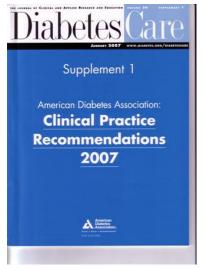
Summary of Revisions to the Standards of Medical Care in Diabetes

- Diabetes care
 - Components of the comprehensive diabetes evaluation revised
 - Lowering A1C has been associated with a reduction of microvascular and neuropathic complications of diabetes (A) and possibly macrovascular disease (B)
- Medical nutrition therapy (MNT) extensively revised
- Nephropathy
 - Reduction of protein intake to 0.8–1.0 g/kg body wt per day in individuals with diabetes and the earlier stages of chronic kidney disease (CKD) and to 0.8 g/kg body wt per

day in the later stages of CKD may improve measures of renal function (e.g., urine albumin excretion rate and glomerular filtration rate) and is recommended

- Celiac disease
 - Children with positive antibodies should be referred to a gastroenterologist for evaluation
 - Children with confirmed celiac disease should have consultation with a dietitian and placed on a gluten-free diet
- Diabetes care in the hospital
 - Using correction dose or "supplemental" insulin to correct premeal hyperglycemia in addition to scheduled prandial and basal insulin is recommended
- Preconception care
 - Based on recent research, ACE inhibitors should also be discontinued before conception
- Diabetes care in the school and day care setting
 - A 504 plan should be developed and implemented by the family, school nurse, and diabetes health care team

See *Diabetes Care*, Volume 30, Supplement 1, J a n u a r y 2 0 0 7, a t http://care.diabetesjournals.org/content/vol30/suppl 1/ for entire document.



DIABETES AND HEART ASSOCIATIONS FIGHT AGAINST HEART DISEASE

Submitted by: Ron Alsup, State Health Alliances Director, American Heart Association Great Rivers Affiliate, Louisville, KY, KDN Member

Joint Guidelines Encourage Primary Prevention of CVD in People with Diabetes to Slow High Death Rate from Heart Attacks and Strokes

A joint statement released by the American Diabetes Association (ADA) and the American Heart Association (AHA) supports lifestyle and medical interventions that can help to prevent the development of heart disease in people with diabetes.

The statement, published in *Circulation: Journal of the American Heart Association* and the American Diabetes Association's clinical research journal *Diabetes Care*, outlines joint guidelines from the organizations that encourage more aggressive prevention and treatment of the risk factors that lead to heart disease, the No. 1 killer of people with diabetes.

Traditional lifestyle changes for people with diabetes have focused on weight loss. These new joint guidelines emphasize a need for major interventions that more significantly reduce Cardiovascular Disease (CVD) risk factors. The guidelines continue to cite the importance of achieving a healthy lifestyle, based on increased physical activity, medical nutrition therapy and weight control. In addition, the statement calls for increased medical interventions, such as the use of statins, ACE inhibitors and other drugs to manage lipids, blood pressure, and blood glucose levels in people with diabetes. The recommendations apply equally to people with type 1 and type 2 diabetes.

These joint guidelines are part of an ongoing effort by the two organizations to coordinate efforts in the fight against cardiovascular disease, which affects two out of three people with diabetes.

"Diabetes is a deadly disease, but the truth is that most people who have it will actually die from heart disease, its most common and too often fatal complication," said John Buse, M.D., Ph.D., President-Elect, Medicine & Science, American Diabetes Association, Professor at the University of North Carolina and Chapel Hill, and co- author of the joint statement. "Thanks to decades of research, we now know quite a bit about how to lower the risk for heart disease – whether you have diabetes or not. But these risk factors often aren't treated aggressively enough, and the people who are living with diabetes aren't benefiting from this knowledge. We hope this joint statement will

encourage physicians to put this knowledge to use in a more consistent manner."

"We must practice primary prevention of cardiovascular disease in patients with diabetes," said Henry Ginsberg, M.D., F.A.H.A., Irving Professor of Medicine at the College of Physicians and Surgeons of Columbia University and coauthor for the American Heart Association.

"Once a person with diabetes has a heart attack or stroke, they do much worse than people without diabetes; if you have diabetes and have a heart attack, you don't do as well after a stent or after bypass surgery, and your chance of dying in the next 12 months is much higher. Both associations have been very active in educating healthcare professionals about the links between diabetes and cardiovascular disease, and so it was natural for us to join forces and provide a comprehensive review of the evidence, and guidelines based on that evidence, for the primary prevention of cardiovascular disease in our patients with diabetes."

People with diabetes are two to four times as likely as those in the general population to suffer cardiac events or stroke. They are also far less likely to survive a cardiac event should one occur, than someone who does not have diabetes. But their risk can be reduced, and these guidelines provide the needed information.

Diabetes Care, published by the American Diabetes Association, is the leading peer-reviewed journal of clinical research into the nation's fifth-leading cause of death by disease. Diabetes also is a leading cause of heart disease and stroke, as well as the leading cause of adult blindness, kidney failure and non-traumatic amputations. For more information about diabetes, visit the American Diabetes Association Web site www.diabetes.org or call 1-800-DIABETES (1-800-342-2383).

Circulation: Journal of the American Heart Association is the world's leading journal of cardiovascular medicine. It is unparalleled in its reach and depth of reporting on original contributions of scientific excellence relevant to cardiovascular disease and presents peer-reviewed reports on clinical and laboratory research relevant to cardiovascular disease. Cardiovascular disease is the No. 1 killer of Americans. For more information on cardiovascular disease, visit www.americanheart.org or call 1 (800) AHA-USA1 or 1 (800) 242-8721.



NEW POWER POINT SLIDE SET DEVELOPED THROUGH THE NATIONAL DIABETES EDUCATION PROGRAM — OFFERED FREE TO PROFESSIONALS!

.The National Diabetes Education Program's (NDEP's) newest resource called "Diabetes: The Numbers" is a series of PowerPoint slides that contain the latest U.S. diabetes prevalence and incidence rates broken down by age, sex, and race/ ethnicity. The slides are designed as an educational resource for health care professionals, diabetes educators, and students. Slides can be downloaded as an entire presentation or used individually. The first set, "Diabetes: Numbers" is now available on the NDEP website. It includes an overview of diabetes and pre-diabetes, as well as information about diabetes complications, obesity trends, and diabetes complications. To view the PowerPoint presentation, visit the Resources for Health, Education, and Business Professionals section of website at http://ndep.nih.gov/ resources/resources.htm click on Presentations then click Diabetes. The Numbers

Two other slides series will soon be released by NDEP. In February, 2007, "The Science: Diabetes Control" and in March, 2007, "The Science: Diabetes Prevention" will be released.

To the right are samples of two of the Free NDEP slides.

Diabetes: The Numbers



The National Diabetes Education Program
Changing the Way Diabetes is Treated.

January 2007

Diabetes: The Numbers



Diabetes: The Numbers

For more information about NDEP, or to order free materials:

Call 1-800-438-5383

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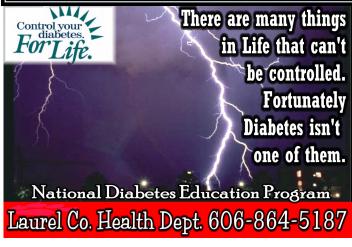
Visit www.ndep.nih.gov

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

January 2007



DIABETES MESSAGES RUN IN MOVIE THEATERS



Millions of us are living with Diabetes.
For many, it runs in our families. But
we don't let that run our lives. Because
diabetes can be controlled with the
proper diet, exercise, and knowing and
managing our blood sugar numbers.
The more we learn about how to live
with diabetes and avoid the many
serious complications, the longer
and better we'll live. There are
so many things to live for.

National Diabetes Education Program

CALL: 1-800-438-5383 FOR MORE INFO.

Or Visit us at: http://ndep.nih.gov

Movie Theatre Messages Regarding Diabetes Control Educate Laurel County Citizens

Diabetes Day at the Capitol **Save This Date!**





Who should come?

Anyone interested in the prevention or control of diabetes in **Kentucky**



What?

A diabetes day to visit our legislators to thank them for previous years of diabetes support and funding as well as discuss current Kentucky diabetes concerns.



When? **—February 27, 2007**

8:00 am **—Registration —Capitol Annex Room 111**

8:30-10:00 am —Skills Training for Rally

10:00-11:00 am —Rally in the Capitol Rotunda

11:00 am -Meetings with Legislators



Where?

At the Capitol Annex Room 111 in Frankfort, Kentucky



For More Information:

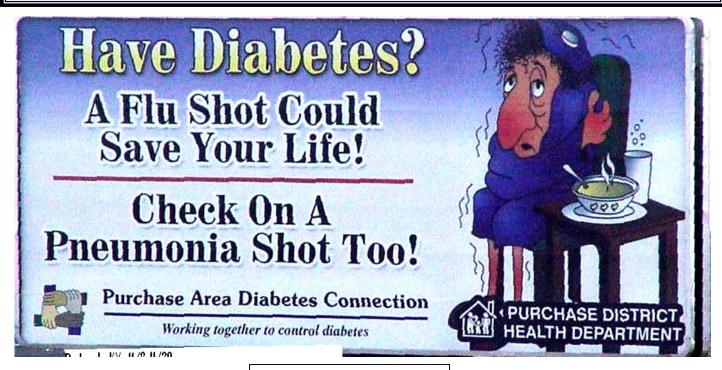
Contact Deborah Fillman at (270) 852-5581



Sponsored by:

The Kentucky Diabetes Network (KDN) and partners including the American Diabetes Association and the Juvenile Diabetes Research Foundation.

PURCHASE DISTRICT HEALTH DEPARTMENT FOCUSES BILLBOARD ON EFFORTS TO INCREASE FLU IMMUNIZATIONS IN DIABETES



Purchase District Billboard, 2007

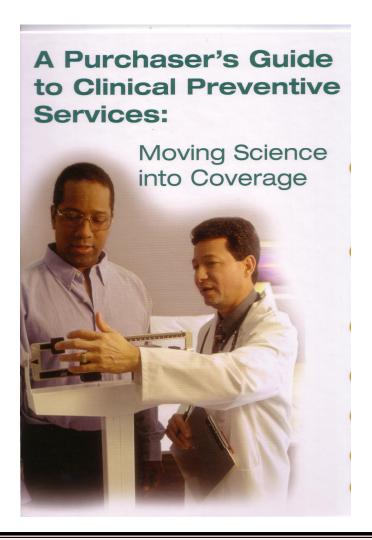
LAUREL COUNTY HEALTH DEPARTMENT FOCUSES BILLBOARD ON DIABETES PREVENTION



Billboard in Laurel County, 2007

Employer Toolkit Available Free for Clinical Preventive Services—Includes Diabetes Screening Information

The National Business Group on Health is pleased to announce the publication of A Purchaser's Guide to Clinical Preventive Services: Moving Science into Coverage. This important resource on preventive services was developed in collaboration with the Centers for Disease Control and Prevention (CDC), the Agency for Healthcare Research and Quality (AHRQ) and the National Business Group on The Purchaser's Guide Health (NBGH). translates clinical guidelines and medical evidence, providing large employers with the information they need to select, define, and implement preventive medical benefits such as diabetes screening, colorectal cancer screening, and tobacco use treatment. Copies of the guide http:// hе downloaded a t mav www.businessgrouphealth.org/prevention/ purchasers/index.cfm.



Old Orchard Product Samples and Coupons Offered To Kentucky Diabetes Educators

Kevin J. Miller, Director of Marketing at Old Orchard Brands, LLC is offering free Old Orchard product samples and coupons to Kentucky's diabetes and nutrition educators.

According to Mr. Miller, "Old Orchard Healthy Balance juices have 75% less sugar and 75% fewer carbohydrates and calories than normal juices of the same variety. Healthy Balance juices offer 20% - 30% real fruit juice and contain no artificial colors or flavors. They are available in 11 flavors, including Apple Cranberry, Apple Kiwi Strawberry, Apple Raspberry, Apple, Concord Grape, White Grape, Cranberry, Cranberry Raspberry and Ruby Red Grapefruit." Mr. Miller also noted that Old Orchard Healthy Balance juice products may be helpful for individuals who are following a reduced-sugar diet and or those who have diabetes.

Call or email Dana Hicks, Old Orchard Marketing Assistant, at (616) 887-6045 or dhicks@oldorchardbrands.com to obtain VIP Coupons for free samples of Healthy Balance juice products and informational product brochures with recipes and coupons. Or you can go to www.healthybalance.com and click on health professionals to order your product samples.

Old Orchard is a national corporate partner with the JDRF Juvenile Diabetes Research Foundation and has contributed nearly \$600,000 in cash and product support, including nearly \$300,000 to individual JDRF state chapters. Visit www.oldorchard.com/JDRF for more information.

PROJECT SUNSHINE COMES TO KENTUCKY THROUGH WAL MART – ALLOWS \$4.00 PRESCRIPTIONS ON DIABETES GENERIC MEDICATIONS

Submitted by Judith Watson, RN, CN, CDE, Kentucky Diabetes Prevention and Control Program of the Purchase District Health Department, KDN, TRADE, ADA member

According to Tammy Kennedy, RPh and Pharmacy Manager of the Sam's Club in Paducah, KY, Project Sunshine is now available nationwide and in Kentucky! Project Sunshine is a program in which Wal Mart Pharmacies and Sam's Clubs are offering generic medications, including diabetes medications, for \$4.00 a prescription (for a usual months supply). This program may be useful for our patients with diabetes who cannot afford their medications.

Diabetes medications that will be included as part of the \$4.00 generic program (for the standard 30 day supply) include:

- Glimepiride 1, 2, 4 mgm
- Glipizide 5, 10 mgm
- Glyburide 2.5, 5.0 or 3.0 micro
- Metformin 500, 850, 1000 or 500 extended release

Ms. Kennedy pointed out that the Sam's Club Pharmacy is open to the general public and that a person does not have to be a member of Sam's Club to use the pharmacy. She noted that non Sam's Club members should tell the greeter at the door that they are going to the pharmacy and they will be allowed inside.

Other types of medications that are also included in the Sunshine \$4.00 per prescription program and that people with diabetes may need are: anti inflammatories, antibiotics, antidepressants, cardiac, gastrointestinal, thyroid medications and others. Contact your Wal Mart pharmacist for more information.

KENTUCKY DIABETES NETWORK OFFERS SCHOLARSHIP FOR HEALTH PROFESSIONALS TO BECOME CERTIFIED DIABETES EDUCATORS

Submitted by Linda Leber, RN, BSN, CDE, Kentucky Diabetes Prevention and Control Program State Staff, KDN, KADE, ADA Member

The Kentucky Diabetes Network (KDN), Incorporated, High Risk Populations Workgroup is pleased to announce the creation of a new scholarship designed to assist eligible health care professionals to obtain national certification as a certified diabetes educator (CDE)! To be eligible for the scholarships, health professionals must either be a member of or serve a "KDN targeted high-risk population."

"KDN's targeted high-risk populations" include: African American, Hispanic/Latino, Appalachian, Asian/Pacific Islander, the elderly and/or youth.

Scholarship applicants must meet certified diabetes educator criteria as established by the National Certification Board for Diabetes Educators (NCBDE) and requirements established by the High-Risk Populations Committee. The value of the scholarship will not exceed \$1000.00 (one thousand dollars).

To obtain a scholarship packet with complete details, download at www.kentuckydiabetes.net or contact Mary Malone, RN, Chair-High-Risk Populations Committee at 502-541-6917 or mary.malone@kctcs.edu.





SAVE THE DATE --- OCTOBER 5, 2007 --- THE LATEST ADVANCES IN DIABETES MANAGEMENT

The Latest Advances In Diabetes Management, an all day diabetes update, will be held on October 5th at the Corbin Technology Center in Corbin, KY. This program will offer approximately 8.0 contact hours for various disciplines and will also provide continuing education for certified diabetes educator (CDE) renewal. This diabetes update is a collaborative effort with Baptist Regional Medical Center, Marymount Medical Center, Laurel County Health Department, Southern Kentucky AHEC and the KY Diabetes Prevention & Control Program of the Cumberland Valley District Health Department. For more information, contact Anna Jones at 606-864-7432 or Cindi Farmer at 606-526-8319. The offering details will be posted at http://www.soahec.org/cecmeschedule.htm.

FREE DIABETES WEBCASTS OFFERED

- The 6th Annual Diabetes Summit: Linking Science to Medicine, FREE CME webcast at <u>WWW.DAVE.MD</u> sponsored by the University of Cincinnati College of Medicine and the Exeter Group.
- Managing Cardiovascular Risk Factors in Type 2 Diabetes Mellitus, FREE CME / CE webcast at www.peerviewpress.com/p/inR116 sponsored by the University of Florida College of Medicine, Amedco, LLC, the Minnesota Pharmacists Association, and PeerView Institute (PVI) for Medical Education.

FREE ONLINE CE ACTIVITY FOR DIABETES HEALTHCARE PROFESSIONALS AND EDUCATORS

Diabetes Connect: *Novel Therapies in the Treatment of Type 2 Diabetes* can be accessed from the convenience of your personal computer at www.DiabetesConnect.org.

These archives include presentations from the following sessions:

- Late Breaking Clinical Trials
- Leveraging the Clinical Potential of GLP-1 —Two Perspectives
- GLP01—The New Darling of Diabetes Treatment

Go to www.DiabetesConnect.org and click on the program link—



Novel Therapies in the Treatment of Type 2 Diabetes

Your Gateway to Professional Discovery



Registration and Housing are now open for AADE's 34th Annual Meeting & Exhibition August 1-4, 2007, St. Louis, Missouri It's So Close This Year —Mark Your Calendar to Attend!

You can now save up to \$170 off the standard Annual Meeting registration fee if you register online before March 31, 2007. Don't miss this great chance to save on a full program registration which includes Corporate Symposia, Product Theatres, general and breakout sessions, the Exhibit Hall, evening social events and more!

Conference will count for Certified Diabetes Educator (CDE) Renewal

 $\textbf{For more information and to register,} \ please go to \ http://www.aadenet.org/ContinuingEducationCE/AnnualMeetings.shtml.$

Questions? Please email meetings@aadenet.org.

FOR HEALTH PROFESSIONALS WHO WANT TO LEARN TO TEACH GROUP DIABETES CLASSES



Providing Quality Group Diabetes Self-Management Training

An educational program sponsored by the Kentucky Diabetes Prevention and Control Program

Schedule: Day 1: Training from 8:45 a.m. to 4:45 p.m.

Day 2: Training from 9:00 a.m. to 4:15 p.m.

Questions: Contact Amy Campbell at 859-288-2347 or Amyl.campbell@ky.gov

Training is free. Registration is required at https://ky.train.org Course ID: 1007760

Frankfort, KY March 14-15 Kentucky Broadcasters Association 101 Enterprise Drive Frankfort, KY 40601

Registration deadline: March 7

A block of rooms have been reserved at Fairfield Inn & Suites until February 28 under **DIABETES TRAINING** for group rate of \$69 plus tax. Call 502-695-8881 for reservations.

Space is limited register soon!

Continuing education credit is being sought from the Kentucky Board of Nursing and the Commission on Dietetic Registration.

Nutrition: A Key to Wellness
Presented by the Kentucky Dietetic Association
April 19 & 20, 2007 / Covington



BONUS Pre-conference Diabetes Workshop on April 18

(Attendance not limited to Dietetic Professionals)

Continuing Education Credit / Hours Requested through the American Dietetic Association's (ADA) Commission on Dietetic Registration which is an approved provider for Certified Diabetes Educator (CDE) Renewal

Wednesday, April 18 Diabetes Workshop 11:15 AM - 12:15 PM

Registration / Buffet L u n c h e o n

(Generously sponsored by the Kentucky Soybean Association)

12:15 - 2:45 PM

Marion J. Franz, MS, RD, CDE

(requested —other speakers to be confirmed)

2:45 - 3:00 PM

BREAK

3:00 - 5:30 PM

Diabetes Workshop Continues

6:00 - 8:00 PM

KDA Board Meeting / Buffet Dinner

Questions? Contact the KDA Office at info@kyeatright.org or 859.245.0717.



New: Grant Opportunity - General Support for Health Advocacy

The Foundation for a Healthy Kentucky has made available approximately \$200,000 to offer general support to established health advocacy groups in Kentucky who share the Foundation's commitment to developing and influencing health policy to promote lasting change in the systems by which health care is provided and in the systems and structures that support or impede the health of all Kentuckians. The deadline for receipt of proposals is April 2, 2007. To view/download the Request for Proposals (RFP) and cover sheet, please visit our website at the following link: www.healthyky.org

Foundation for a Healthy Kentucky Joan Buchar Program Officer

phone: 502-326-2583 (f)502-326-5748

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Coalition Share-Fest

March 22-23, 2007

What?

This is a conference to provide opportunities for networking, information/material sharing and profiling of successful interventions among state, regional or local coalition 🙀 leaders and members. It will also include practical interactive sessions to help develop or strengthen coalition leadership skills. CEU application has been submitted for nurses, dietitians and certified health educators.

Who Should Come?

Diabetes, physical activity, Kentucky Diabetes Network or Partnership for a Fit Kentucky coalition leaders and members.

When?

8:00 am - 5 pm EST 8:00 am - 12:15 pm EST

March 22, 2007 March 23, 2007

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Where?

Capital Plaza Hotel Frankfort, Kentucky

Registration?

Participants must register on TRAIN at ky.train.org Information on lodging is also available at this site.

There will be no charge for conference attendance. A continental breakfast will be provided each morning as well as lunch on the first day.

Planned and Sponsored by:

Representatives from Local Coalitions Kentucky Physical Activity Program Kentucky Diabetes Prevention and Control Program Kentucky Obesity and Chronic Disease Prevention Program

2007 CENTERS FOR DISEASE CONTROL (CDC) DIABETES CONFERENCE



The CDC's Division of Diabetes Translation will convene its annual diabetes conference April 30–May 3, 2007, at the Atlanta Hilton, 255 Courtland Street, Atlanta, Georgia. This conference will discuss national and state diabetes issues. The conference will bring together approximately 600 participants from a wide range of local, state, federal, and territorial governmental agencies and private-sector diabetes partners.

Conference Goals

- Explore science, policy, education, program planning, implementation, and evaluation to enhance public health approaches and strategies to prevent and control diabetes.
- Increase knowledge and awareness of successful, cost-effective, public and private diabetes programs.
- Present innovative strategies to increase awareness of diabetes and how to prevent its complications.
- Provide opportunities for skill-building, information-sharing, and networking.

April 30–May 3, 2007 Atlanta Hilton 255 Courtland Street Atlanta, GA 30303

Hotel Telephone: 404-659-2000 or 877-667-7210.

For more information, visit the Centers for Disease Control website at: http://www.cdc.gov/diabetes/conferences/index.htm#2007.

Conference registration information will be available at the end of February.

KADE DIABETES EDUCATOR MEETINGS SCHEDULED

The Kentucky Association of Diabetes Educators (KADE), which covers Lexington and Central Kentucky, meets the 3rd Tuesday of every month except summer (time & location vary). For a schedule or more information, contact:

Dana Graves Laura Hieronymus
Phone: 859-313-1282 Phone: 859-223-4074
E-mail: gravesdb@sjhlex.org laurahieronymus@cs.com

Date: February 13, 2007

Event: Luncheon with KADE (KADE members only)

Sponsor: Pfizer Pharmaceuticals

Title: Inhaled Insulin: Changing the Diabetes

Experience

Speaker: L Raymond Reynolds, MD and

Kim DeCoste MSN, CDE

Location: Sal's Italian Chophouse, Lexington **RSVP:** Wilma Bickers (859) 806-1521

Wilma.bickers@pfizer.com

Time: 12:00 pm

Date: February 15, 2007

Event: Dining with KADE (Open to non-KADE members)

Sponsor: Merck

Title: Opportunities for Incretins: Understanding

the Role of Incretins and DPP-4 Inhibition

Speaker: Steven Haffner, MD

Location: Malone's of Lexington, Banquet Room

RSVP: Suzanne Russell 1-800-737-2088, ext. 41788#

Time: 6:30 pm

Date: March 20, 2007

Event: AADE Encore Program

Title: *Promoting Behavior Change in Groups*Speaker: Lois Anne Maurer MS, RD, LD, CDE

Location: To be determined

Time: To be determined (evening)

Date: April 25, 2007

Event: Symposium (Open to non-KADE members)
Title: Diabetes Education: Enhancing Clinical

Presentation Skills

Location: SJOP Building D, 4th Floor

Time: 8:00 am—12:30 pm

Date: May, 2007 (To be determined)

Event: TRADE, KADE, GLADE, DECA, KDPCP, KDN

Area Chapter's Symposium

Title: Educational Symposium

Location: To be determined **Time:** To be determined



DECA DIABETES EDUCATOR MEETINGS SCHEDULED

Diabetes Educators of the Cincinnati Area (DECA) (covers Northern Kentucky) invites anyone interested in diabetes to the following programs. Please contact Susan Roszel, corresponding secretary at sroszel@fuse.net or Jana McElroy at jmcelroy@stelizabeth.com or call 859-344-2496. Meetings are held in Cincinnati.

Date: February 19, 2007

Time: 5:30 pm

Location: Bethesda North Golder Room II **Title: Diabetes and Heart Disease**

Date: March 19, 2007 **Time:** 5:30 pm

Location: Good Samaritan Hospital Auditorium

Title: Diabetes Nerve Compression

Date: April 16, 2007 **Time:** 5:30 pm

Location: Good Samaritan Hospital Auditorium

Title: Diabetes and Family Issues



TRADE DIABETES EDUCATOR MEETINGS SCHEDULED

The Tri-State Association of Diabetes Educators (TRADE), which covers Western KY/Southern IN, meets quarterly from 11 – 2 pm CST with complimentary lunch and continuing education units. To register, call (270) 686-7747 ext. 5581.

Date: April 19, 2007

Title: Diabetes: The Effect on the Eyes

and Vision System

Speaker: Eric Weyer, OD **Location:** Welborn Clinic

421 Chestnut Street Evansville, IN

Time: 11:00 am-12:00 pm -Registration/Lunch/Demos

12:00 pm-1:00 pm—Program

1:00 pm-2:00 pm—Business Meeting

Date: July 19, 2007

Title: Medical Management of Diabetes

Speaker: Raymond de la Rosa, MD

Location: To be Announced

Murray, KY

Time: 11:00 am-12:00 pm -Registration/Lunch/Demos

12:00 pm-1:00 pm—Program

1:00 pm-2:00 pm—Business Meeting

KENTUCKY DIABETES NETWORK (KDN) MEETINGS SCHEDULED

The Kentucky Diabetes Network (KDN) is a network of public and private providers striving to improve the treatment and outcomes for Kentuckians with diabetes, to promote early diagnosis, and ultimately to prevent the onset of diabetes.

Anyone interested in improving diabetes outcomes in KY may join. A membership form may be obtained at www.kentuckydiabetes.net or by calling 502-564-7996 (ask for diabetes program).

2007 meeting times are 10:00 am—3:00 pm EST

March 9 Kentucky History Center, Frankfort

June 8 Spindletop, Lexington

September 14 Paroquet Springs Conference Centre

Shepherdsville

November 2 Baptist East Hospital, Louisville

ENDOCRINOLOGISTS MEETINGS SCHEDULED

The Ohio Valley Chapter of the American Association of Clinical Endocrinologists (AACE) and the Kentuckiana Endocrine Club (KEC) meet on a regular basis. For a schedule of meetings, contact: Dr. Vasti Broadstone, Phone: 812-949-5700 E-mail: joslin@FMHHS.com.

Date: February 21, 2007

Time: 6:15 pm

Event: Networking, Dinner & Talk

Title: Controversies in the Management of Inpatient

Hyperglycemia

Speaker: Dr. Guillermo Umpierrez, Emory Univ, Atlanta

Location: 610 Magnolia Restaurant, Louisville

Date: May, 2007 (TBD)

Location: Equus Restaurant, Louisville

AACE Ohio Valley Chapter Annual Meeting will be August 17-19, 2007 at the Riverfront Marriott, Covington, KY.

GLADE DIABETES EDUCATOR MEETINGS SCHEDULED

The Greater Louisville Association of Diabetes Educators (GLADE), which covers Louisville and the surrounding area, meets the 2nd Tuesday every other month (January, March, May, July, September, November, 2007). Registration required. Please register and direct questions to Valerie Wade at 502-899-6681 or Valerie.Wade@nortonhealthcare.org until August. Beginning August, contact Diana Metcalf at Diana.Metcalf@nortonhealthcare.org.

Date: March 13, 2007

Time: 5:30 pm —Business Meeting Speaker: Immediately following Meeting

May meeting to be determined.



DIABETES DAY AT THE CAPITOL FEBRUARY 27TH 2007

Contact Information



www.diabetes.org 1-888-DIABETES



www.kadenet.org





Tri-State Association of Diabetes Educators

www.aadenet.org/ AboutAADE/Chapters.html



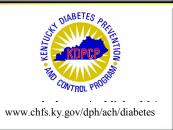
www.louisvillediabetes.org



www.aadenet.org/ AboutAADE/Chapters.html



www.kentuckydiabetes.net





www.aace.com

Kentuckiana Endocrine Club joslin@fmhhs.com